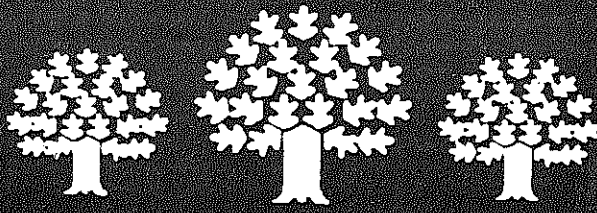
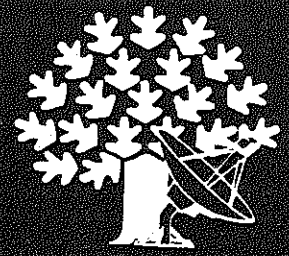




Pottery Studio



Community
Resource
Act



Teleconferences



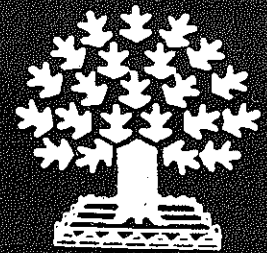
H.O.M.E.
Program

**SUMMER 1989
FREE CATALOG**

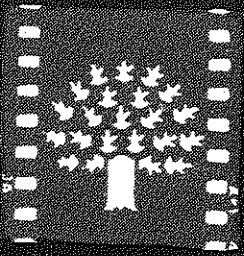


UFM

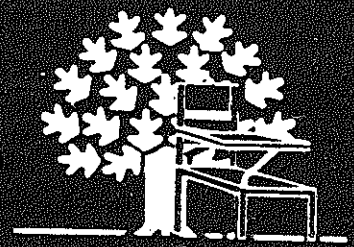
Your Link
to Life-Long
Learning and Living



Community
Gardens



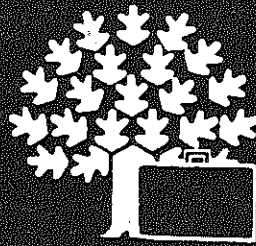
Darkroom



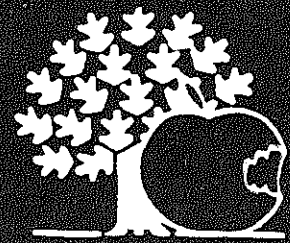
Classes



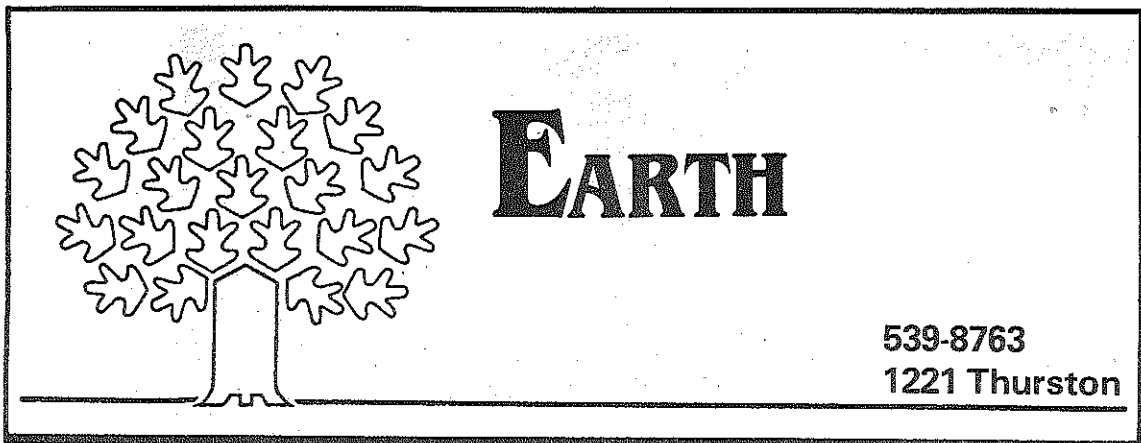
Lou Douglas
Lecture Series



Seminars
for Working
Professionals



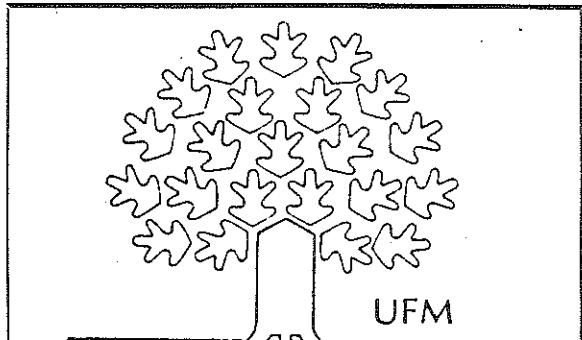
Edible
Landscape



Dr. F.C. Lanning
537-7599

This trip will be to the glacial area and nearby areas in the north western part of Wabaunsee County. We will go to areas where glacial materials (agates, quartzite, etc.) and fossils will be found. Bring a sack for your "treasures". (Dr. Lanning is a long-time member of the Manhattan Gem and Fossil Club which is sponsoring this class.)

Saturday, July 8, 8:30-11am
Raindate: Saturday, July 15, 8:30-11am
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 3
Materials Fee: \$ 0
Location: UFM Parking lot



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Tom Whalen
Kansas Farm Bureau

PRAIRIE WILDFLOWERS

E-11A

GROWING HERBS

E-12A

Gene Towne
539-0353

This area of Kansas has many wildflowers. We will take a short hike through the prairie and learn the identifying characteristics and some interesting tidbit information about our local wildflowers. (Gene has been a research assistant in range management and knows much about the prairie.)

Saturday, June 10, 10am-noon
Raindate: Saturday, June 17, 10am-noon
No. of Sessions: 1
Limits: Min. 10 / Max. Unlimited
Class Fee: \$ 1
Materials Fee: \$ 0
Location: Large parking lot across from Umberger Hall

Howard & Evelyn Campbell

Would you like to pick fresh herbs for your cooking? Learn how to raise, dry, and store herbs for your own use or for gifts for your family and friends. We will explore new ways to use your dried herbs and you will also take a few plants home. (Howard and Evelyn have been raising herbs for five years. They are both seniors in horticultural therapy at K-State.)

Monday, June 12, 7pm
No. of Sessions: 1
Limits: Min. 2 / Max. 12
Class Fee: \$ 6
Materials Fee: \$ 4
Location: UFM Greenhouse

KANSAS BUFFALO

E-13A

Kenneth Visser
461-5744

The buffalo, proclaimed the Kansas state animal, is a fascinating creature. Learn about these gentle beasts so important in Kansas History -- what they eat, what their habits are, and how they act on the prairie. You will see slides of a 2500 pound herd bull as well as a baby calf. A field trip will be planned after this introductory class so you can see actual buffalo in their natural environment. (Kenneth was an animal caretaker for the buffalo at Fort Riley, Kansas, during 1986 & 1987.)

Friday, June 9, 7-9pm
No. of Sessions: 1
Limits: Min. 4 / Max. Unlimited
Class Fee: \$ 5
Materials Fee: \$ 0
Location: UFM

HORSHOEING

E-14A

Greg Barron

This will be a beginning cold-horseshoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the hooves will be covered. Each participant will also get hands-on experience if desired. (Greg has shod his own and other people's horses for over 10 years.)

Saturday, June 17, 8:30-10am
No. of Sessions: 1
Limits: Min. 20 / Max. 10
Class Fee: \$ 5
Materials Fee: \$ 0
Location: Map will be available at time of registration

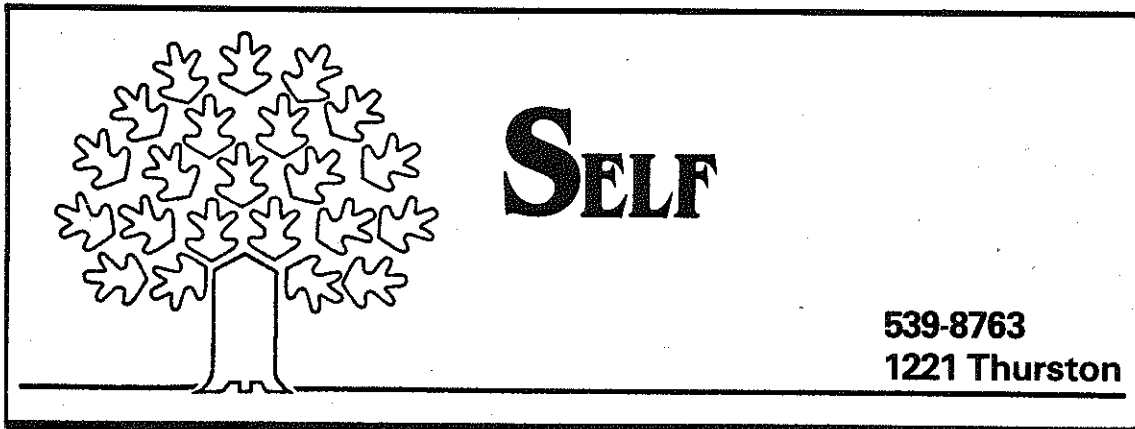
REGISTRATION SCHEDULE

* Registration forms are on the back page.

Tues.	May	30	Manhattan Public Library	10am-2pm
Wed.	May	31	Manhattan Public Library	10am-2pm
Thur.	June	1	Manhattan Town Center	1pm-4pm
Fri.	June	2	Manhattan Town Center	1pm-4pm
Sat.	June	3	Mainstreet (downtown)	all day
Mon.	June	5	K-State Union	9am-1pm
Tues.	June	6	K-State Union	9am-1pm
Wed.	June	7	K-State Union	9am-1pm

** There will be various demonstrations on the following days: June 1 & 2 (1-4), June 3 (all day), June 6 & 7 (12-1)

** Registration continues at the UFM House throughout the semester during business hours Mon-Fri, 8-12 & 1-5.



INTRODUCTION TO RAMTHA

S-31A

Kelley Daniel
776-5718

An exciting video will be shown as part of this class. The video is entitled "An Audience With Ramtha" it is a basic introduction to the teachings of Ramtha, as channeled by J.Z. Knight. Ramantha's subjects include drug abuse, financial freedom, how to discover your own knowingness, the process of enlightenment and the history of male/female relationships. If there are enough interested people, we could possibly start a group to share new information on the days to come and help those who cannot afford to purchase the written material.

(Kelley is mainly interested in introducing Ramtha's teachings into this area.)

Saturday, June 17, 6-9pm

No. of Sessions: 1
Limits: Min. 1 / Max. 50
Class Fee: \$ 4
Materials Fee: \$ 0
Location: UFM

UFM is always looking for new class ideas. Call in your ideas for Fall 1989 by Friday, June 30.

THE KINDRED SPIRIT BOOKSTORE, EDUCATION & WELLNESS CENTER

426 Houston, Manhattan

539-6137

- * Metaphysics, self-help psychology and women's literature
- * Tapes, records & C.D.s
- * Classes in wellness, self and spiritual development and metaphysics
See pages 6-8 for details
- * Practitioners of alternative wellness techniques

SPECIAL ORDERS WELCOME

HOURS:

MON.-WED. — 10 a.m.-6:30 p.m.
THURSDAY — 10 a.m.-8 p.m.
FRIDAY — 10 a.m.-6:30 p.m.
SATURDAY — 9 a.m.-5 p.m.
SUNDAY — 1 p.m.-5 p.m.

INTRODUCTION TO ZEN

S-29A

Al Potter, Leon Rappoport & members of Manhattan Zen Group

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on. (Leon has been a student of Zen for many years.)

Wednesday, June 28, 7:30-9pm

No. of Sessions: 3
Limits: Min. 3 / Max. 9
Class Fee: \$ 7
Materials Fee: \$ 6
Location: UFM

INTRODUCTION TO MEDITATION

S-30A

Judson Edwards

What is meditation? Can it help you in your personal life? What are some of the benefits? In this class we will discuss the history and cultural aspects of meditation, and answer these and other questions you may have about meditation. (Judson is a business development economist. He has been using many forms of meditation for a number of years. Judson has studied and travelled internationally throughout Europe, Central America, and The Orient, and would like to share this information with you.)

Friday, July 21, 6:30-9pm

No. of Sessions: 1
Limits: Min. 3 / Max. Unlimited
Class Fee: \$ 5
Materials Fee: \$ 0
Location: UFM

WHAT IS THE NEW AGE?

S-35A

Judson Edwards

This will be a discussion of the New Age, the background and its history. We will focus on the benefits of the New Age, and how it will help those who practice the teachings. (Judson is a Business Development Economist who has been using New Age techniques for many years. He brings with him information from Europe, Central America, The Orient and United States.)

Friday, June 16, 6:30-8:45pm

No. of Sessions: 1
Limits: Min. 3 / Max. Unlimited
Class Fee: \$ 0
Materials Fee: \$ 0
Location: Manhattan Public Library

TALKING WITH YOUR KIDS ABOUT ALCOHOL

S-32A

Catherine Flinchbaugh
539-6223

TALKING WITH YOUR KIDS ABOUT ALCOHOL helps you as a parent learn WHAT to say to your child about alcohol and HOW to say it. The goal of the program is to reduce the risk that your child will experience any type of alcohol related problem at any point in their life. TALKING WITH YOUR KIDS ABOUT ALCOHOL prepares you to give information for a lifetime within the context of age appropriate expectations and consistent with the values of your family.

(Cathy is a Doctoral candidate at K-State and has been trained and certified as a TWYKAA instructor.)

Tuesday, July 11, 7-9pm

No. of Sessions: 4
Limits: Min. 6 / Max. 20
Class Fee: \$ 3
Materials Fee: \$ 3
Location: UFM

MOTHERS OF ADOPTED DAUGHTERS

S-33A

Evelyn Frazier
539-4897

In this class, we will use Dr. Evelyn Bascoff's new book Mothers and Daughters, Loving & Letting Go to understand the "conflicts that underlie the early attachment and ensuring relationship between an adoptive mother and her adopted child ... to understand the personal losses that each brings to their shared life."

(Evelyn is the mother of a grown-up adopted daughter who taught her much about "loving and letting go".)

Monday, June 12, 7pm

No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 3
Materials Fee: \$ 0
Location: UFM

WOMEN WHO FEEL GUILTY

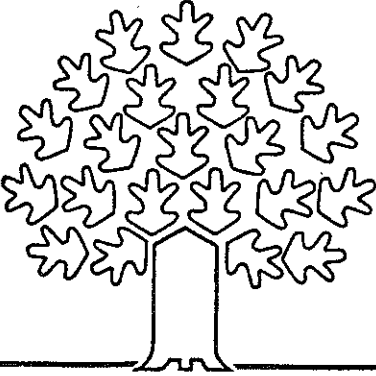
S-34A

Dianne Perrote

Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to 'fix' the unhappiness of another, we feel guilty--somehow, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt. (Dianne has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Tuesday, July 11, 7-9pm

No. of Sessions: 1
Limits: Min. 3 / Max. Unlimited
Class Fee: \$ 5
Materials Fee: \$ 0
Location: UFM



YOUTH

539-8763
1221 Thurston

CHILDREN'S NATIVE AMERICAN WORKSHOP PART II Y-36A

Pat Embers Jayne Link
539-2819 539-7605

This class is for kids who have taken the first workshop in this series &/or for those who would like to learn more about nature in a meaningful way. We will do activities that will honor the earth mother in the way of Native American tradition. The children will make feather plumes and tobacco prayer ties (which we didn't do at the last part II session). We will go on an edible plant walk and learn to honor the four directions with song, dance, and drum. We will purify objects in the large medicine wheel, so bring special rocks, jewelry, clothing, blanket, anything special to you that you would like to put on the ceremonial blanket to be smudged with sage. Parents are welcome to attend. Since the date will be just past the Summer Solstice, we will honor this special time.

(Jayne and Pat love to do these classes. It is always energizing for them as well as the kids.)

Saturday, June 24, 10am-Noon

No. of Sessions: 1

Limits: Min. 4 / Max. Unlimited

Class Fee: \$ 5

Materials Fee: \$ 0

Location: 733 Galaxy Drive

DAIRY GOAT FARM FIELD TRIP

Y-38A

Ron Pauli

Do you believe that goats really eat tin cans? Have you heard that goat milk tastes bad? Unfortunately, goats have suffered an image problem for years. Goats are tame, domestic, friendly, clean, smart, can be trained, don't smell, and give lots of good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese.
(Ron has been raising goats for the past eleven years.)

Monday, June 12, 7:30pm

No. of Sessions: 1

Limits: Min. 4 / Max. Unlimited

Class Fee: \$ 4

Materials Fee: \$ 0

Location: Map will be available at time of registration

KUNG FU FOR CHILDREN

Y-37A

Stan Wilson
539-7723

Students will learn the modified basics of Pai Te Lung Kung Fu and some methods of self-defense for younger people aged 6-12. Children over 12 should join the adult class.
(Stan taught a children's class for two years at Fort Riley.)

Saturday, June 10, 2-3pm

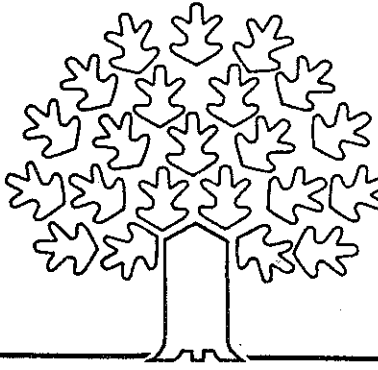
No. of Sessions: Ongoing

Limits: Min. 6 / Max. 12

Class Fee: \$ 20

Materials Fee: \$ 2

Location: 949 Seth Childs North of Home Video



FOOD

539-8763
1221 Thurston

LIGHT AND NATURAL SUMMER MEALS

F-16A

Elisa Stiefel
537-8150

No one wants to have a hot kitchen in the summer. Elisa will share nutritious ideas for hot weather breakfasts, lunches and dinners. Come hungry and prepared for a feast.
(Elisa enjoys sharing her love of whole foods with others. She has cooked for groups and families and has taught "Healthy Cooking" classes. She has a

degree in Nutrition from Colorado State University.)

Wednesday, June 21, 6-8:30pm

No. of Sessions: 1

Limits: Min. 5 / Max. 12

Class Fee: \$ 5

Materials Fee: \$ 5

Location: UFM - Kitchen

SIT ROVER: DOG TRAINING/DOG TRICKS

Y-39A

Cheryl May

Teach your old dog some new tricks--or your new dog some old tricks--in this class for kids aged 8-16 and dogs over 6 months. You will learn the basic obedience skills--heeling, the sit, down and stay commands--plus a few "dog tricks". Bring your dog, a 6-foot leather or nylon lead, and a "choke" chain training collar.

(Cheryl teaches advanced obedience for the Riley County 4-H Kennel Club. She will be assisted by junior leaders from that group.)

Wednesday, June 28, 6:30-8pm

No. of Sessions: 1

Limits: Min. 3 / Max. 8

Class Fee: \$ 5

Materials Fee: \$ 0

Location: NW Corner Pioneer Park



H.O.M.E.
PROGRAM
CRAFTS

Please reserve _____ apple bank(s) at the price of \$5 each.

Please reserve _____ desk apple(s) at the price of \$10 each.

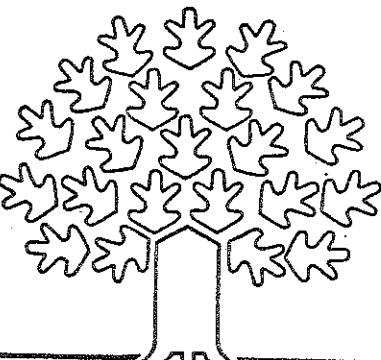
Please reserve _____ apple napkin holder(s) at the price of \$5 each.

Please reserve _____ bird house(s) at the price of \$7.50 each.

You can expect the items you ordered to be finished in 4-6 weeks. You will be notified by mail when the crafts can be picked up at UFM.

Name _____ Phone _____

Address _____



COMMUNITY

539-8763
1221 Thurston

BASICS OF INVESTING

C-07A

Steven Ford
537-4505

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to start an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own completed, personalized financial plan.

(Steven is a Registered Representative of Waddell & Reed, one of the largest financial and planning organizations in the United States with over \$7 billion under management.)

Wednesday, June 14, 7:30pm

No. of Sessions: 3

Limits: Min. 6 / Max. Unlimited

Class Fee: \$ 10

Materials Fee: \$ 0

Location: Waddell & Reed 445 E. Poyntz (by K-Mart)

INTRODUCTORY CLASS FOR HOME COMPUTER OWNERS C-05A

Harald Davis
537-9171

OK you bought it, brought it home, hooked it up, and the kids have worn the feet off of Donkey-Kong, and Pac-Man has packed it in. NOW it's your turn. Can you use your home computer? A practical beginners course in the use of home computers without a college degree. Computers make very expensive dust mops. Learn to use yours to save money instead. If you don't own a computer yet, and are thinking about buying your own you are welcome to join us. The number of classes will depend on student response.

Monday, June 19, 7pm

No. of Sessions: Ongoing

Limits: Min. 3 / Max. Unlimited

Class Fee: \$ 6

Materials Fee: \$ 2

Location: UFM

BEGINNING 'CRAM' COURSE ON INVESTING C-06A

Greg Barron
776-1066

This beginning investment class will take all the mystery out of the investment world in a one night cram session. We will concentrate on basic investment tools. If you are short on time join us for a one night shot.

(Greg has a masters degree in Economics and is an investment advisor for Stiefel Nicolaus & Co.)

Tuesday, June 13, 7-9pm

No. of Sessions: 1

Limits: Min. 4 / Max. Unlimited

Class Fee: \$ 5

Materials Fee: \$ 0

Location: UFM

STARTING A HOME-BASED BUSINESS

C-08A

Fred Rice
532-5529

This class will cover everything you need to know about selecting, planning, and launching the right home-based business. Topics include developing a business plan, financing, taxes, marketing tips, and techniques, and sources of assistance. Learn how to turn your skills and energy into a profitable venture.

(Fred is the Director of the KSU Small Business Development Center (SBDC) and has counseled hundreds of home-based business owners.)

Thursday, June 15, 9am-4:30pm

No. of Sessions: 1

Limits: Min. 6 / Max. Unlimited

Class Fee: \$ 8

Materials Fee: \$ 4

Location: 201 Calvin Hall

WEDNESDAY MORNING PLAY GROUP

C-09A

Diana Hatch
776-9921

This is an ongoing "Support Group" for at-home mothers. Pre-school age children play together while moms visit with other adults. Mothers are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.

No. of Sessions: Ongoing

Limits: Min. 0 / Max. Unlimited

Class Fee: \$ 2

Materials Fee: \$ 0

Location: The instructor will contact you for location.

THURSDAY MORNING PLAY GROUP

C-10A

Diana Hatch
776-9921

This is an ongoing "Support Group" for at-home mothers. Pre-school age children will play while moms visit with other adults. Mothers are responsible for their own children so no separation is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.

No. of Sessions: Ongoing

Limits: Min. 0 / Max. Unlimited

Class Fee: \$ 2

Materials Fee: \$ 0

Location: Instructor will contact you for location.

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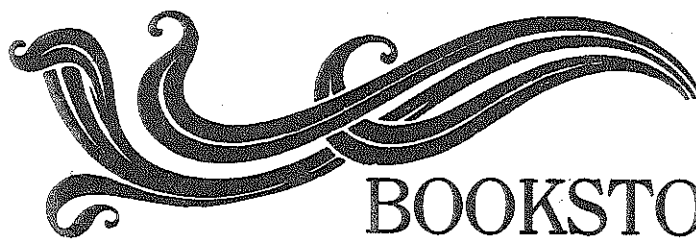
Jim Rhine • Roberta Surs
Norma Nordgren



Certified Massage Therapist
Celia Green

Swedish, Connective tissue polarity
Rosen-method body therapy, foot reflexology.

Located at **KINDRED SPIRIT**
426 Houston
539-6137 or 539-1546



**CREATING YOUR OWN SUCCESSFUL (AND JOYOUS)
LIFESTYLE** K-40A

Randy Kidd

Take a long look at what you want most in this lifetime. Translate that vision into a well-defined mission statement. List the objectives that will lead you toward your life's mission, and then begin a behavior pattern that will guarantee you a successful life's journey. Sound easy? Well, it danged well is. What's more, it's fun ... if you know some of the easy-to-learn techniques. This course will show you how to define your life's mission and how to create a walkable path that will lead you there. You'll learn how to visualize yourself as you want to become, and then you'll see how simple it is to effect behaviors that let you grasp your own vision of success.

Tuesday, July 11, 7pm
No. of Sessions: 2
Limits: Min. / Max.
Class Fee: \$ 10
Materials Fee: \$ 0
Location: 426 Houston

EXPLORING SHAMANISM K-41A

Randy Kidd

Many of the ancient tribal cultures had a person, now called a shaman, who had inner powers that she or he used to heal, to see into the future, and to be in total harmony with the surrounding environment. These shamans were able to tap into inner sources at will and use these sources to help guide them through life. This class will look at some of the ways that the techniques of the shaman can be used to become better attuned with the environment and to enhance ones modern lifestyle.

Thursday, August 3, 7-9pm
No. of Sessions: 1
Limits: Min. / Max.
Class Fee: \$ 8
Materials Fee: \$ 0
Location: 426 Houston

**426 HOUSTON STREET
MANHATTAN, KANSAS 66502
(913) 539-6137**

LIVING IN THE NOW K-42A

Eunice Dorst

Your point of power is in the now. The past is gone and the future is unknown, and yet so many of us live before or beyond the present moment. Emotional clinging to the past does not allow us to move forward and can result in repeating patterns of behavior. Living in the future is living in a place that does not yet exist. We think about the future and when it arrives we do not enjoy nor experience it for we are once more in the future. We miss many moments of pleasure and happiness, and also lose touch with our feelings. Emotions connected with future happenings are based on what we want or fear will happen. We are not really aware of feelings aroused by the actual event as it is happening because we are off again in the future. We will discuss and practice techniques for living in the now, how to let go of the past, and how to plan for the future and then allow it to unfold while we experience the present.

Sect. I: Monday, June 26, 7-9pm
Sect. II: Wednesday, August 30, 7-9pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 8
Materials Fee: \$ 0
Location: 426 Houston

MANAGING YOUR STRESS WORKSHOP K-43A

Eunice Dorst

Are you managing your stress or is it managing you? Taking care of ourselves mentally, physically, emotionally, and spiritually is essential when moving through discord and dis-ease. When stress begins to affect our thoughts, behavior, and health in negative ways, it is time to take steps to manage it. Don't kick the dog or take an aspirin -- learn how to make changes in your life and manage your stress.

Saturday, June 24, 9am-5pm
Lunch: noon - 1:30pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 20
Materials Fee: \$ 0
Location: 426 Houston

NEW BEGINNINGS DISCUSSION GROUP K-

Eunice Dorst

Using the book, The Dragon Doesn't Live Here Anymore by Alan Cohen, we will discuss spiritual and metaphysical principles as applied to everyday life. Each week we will discuss one chapter and explore how the principles can be used to improve our lives.

Thursday, June 1, 7-9pm
Meets every other Thursday evening
No. of Sessions: Ongoing
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 10
Materials Fee: \$ 0
Location: 426 Houston

MOVING BEYOND FEAR K-

Eunice Dorst

How often do you use the words "afraid", "nervous", "worried", and "anxious"? Most of us expend a great deal of energy living in fear of a future event or situation and allow these fears to control our lives. During this workshop we will look at our fears, discover the reasons and beliefs behind the fears, examine the affect they have on our lives, and learn techniques to face and move beyond those fears so that we can be truly free.

Sect. I: Monday, June 12, 7-9:30pm
Sect. II: Wednesday, August 23, 7-9:30pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 10
Materials Fee: \$ 0
Location: 426 Houston

THE POWER OF VISUALIZATION AND AFFIRMATIONS K-

Eunice Dorst

Visualization combined with affirmations are powerful tools for making changes in your life. In this class, we will practice and discuss these techniques and their use in sports, healing, health control, attaining your goals, and making changes within yourself, relationships, and environment.

Wednesday, July 26, 7-9:30pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 10
Materials Fee: \$ 0
Location: 426 Houston

KINDRED SPIRIT ON and WELLNESS CENTER



GETTING IN TOUCH WITH YOUR LIMITING BELIEFS K-47A

Eunice Dorst

What you believe. Your thoughts, actions, and your environment are products of those beliefs. Many of us our beliefs can block our way, usually prevent us from reaching our full potential. We will take a journey into our belief systems, discover our hidden beliefs and begin the work of changing those that limit our growth and happiness.

Sect. I: Tuesday, July 11, 7-9pm
No. of Sessions: 3
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 18
Materials Fee: \$ 0
Location: 426 Houston

LEARNING TO LOVE YOURSELF K-48A

Eunice Dorst

Learning to love your Self is not selfish or vain, it is the most important gift you can give to others. Unless you love your Self, the love you give others will be conditional -- based upon your needs, insecurities, and fears. When you truly love yourself you are free, free to love others unconditionally. Through discussion and exercises, you will discover ways we do not love ourselves, the effect this has on our lives, and learn how we can begin to make changes.

Sect. I: Monday, July 24 & 31, 7-9pm
Sect. II: Tuesday, August 8 & 15, 7-9pm
No. of Sessions: 2
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 15
Materials Fee: \$ 0
Location: 426 Houston

Books that must be purchased for class participation can be bought at Kindred Spirit at a 50% discount.

All classes will be held at Kindred Spirit Center, 426 Houston, Manhattan, KS.

DEVELOPING A POSITIVE ATTITUDE K-49A

Eunice Dorst

What we put out is what we receive. When we put out negative thoughts all our experiences appear to be negative -- we see only doom and destruction in everything, everywhere. We expect the worst and that, indeed, is what we get. However, when we choose to think in a positive manner, we begin to see more and more positive events and situations in our lives. Possibilities open up, you have more choices, you become more creative, and you become happier and healthier. We will examine our attitudes and discuss ways to begin changing the negative thought patterns into positive.

Tuesday, June 20, 7-9pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 8
Materials Fee: \$ 0
Location: 426 Houston

HEALING YOUR LIFE WORKSHOP K-59A

Eunice Dorst

Based on the book and video, You Can Heal Your Life by Louise Hay, this workshop is designed for those who wish to make positive changes in their lives. Through discussion and exercises, we will explore our beliefs about ourselves and how they affect our lives. Learn how your belief system has created your health and environment, and how you can make the changes needed to bring about good health and happiness.

Workshop I: Saturday, July 15, 9am-5pm, Lunch noon - 1:40pm
Workshop II: Saturday, August 5, 9am-5pm, Lunch noon - 1:40pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 20
Materials Fee: \$ 0
Location: 426 Houston

Cancellation and Refund Policies:
Class fees will be refunded in full if Kindred Spirit is notified three days prior to the class date. 50% of the class fee will be refunded if Kindred Spirit is notified one to three days prior to the class date. No refunds allowed for cancellations on day of class. If classes are cancelled by Kindred Spirit for any reason participants will receive a full refund.

PAST LIFE REGRESSION K-51A

Lonnie Catlin

Eastern religions teach us that we have all lived before. Past life regression is now recognized as a safe and expedient technique for personal discoveries. After 'visiting' a past life, you will see how those past experiences affect your present life: relationships, careers, prosperity, and even your identity. Often, exploring a past life will give you answers to questions you have been asking yourself during this lifetime. In this class we will focus on the process of past life regression through hypnosis: how safe it is, and how to work with your discoveries and then release the past. Those who have been regressed into a past life will share their experiences and the affect on their present life. Those attending this class will be eligible for a \$10 discount on a private session.

Sect. I: Saturday, July 29, 1-4pm
Sect. II: Wednesday, August 16, 7-10pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 8
Materials Fee: \$ 0
Location: 426 Houston

PRACTICE LAB K-52A

If you have knowledge of, or experience with an alternative method of healing, come share this information with others who have the same interests. Whether your knowledge is in body/energy work, massage, reflexology, herbs, nutrition, crystals or other healing methods, lets get together to share ideas, learn new methods, and practice these techniques on each other. If you find yourself lacking support from family or friends, give these 'get togethers' a try.

Monday, June 5, 7-9:30pm
First and third Mondays of each month
No. of Sessions: Ongoing
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 0
Materials Fee: \$ 0
Location: 426 Houston

Continued on page 8

**THE
KINDRED SPIRIT
BOOKSTORE, EDUCATION and WELLNESS
CENTER**

NEW AGE LEADERSHIP

K-53A

INTRODUCTION TO TAOISM

K-54A

LIVING THE NEW AGE TEACHINGS

K-57A

Susan Scott Susan Allen

Erik Thompson

Judson Edwards

This class will focus on Leadership and the New Age. Discussion will center on readings from "The Tao of Leadership" by John Heider, and "The Aquarian Conspiracy" by Marilyn Ferguson, which will be provided by the conveners.

In this class we will study Taoism through "The Tao of Pooh" by Benjamin Hoff and "The I Ching Workbook" by R.L. Wing. What Taoism is and how it will help you to make the changes in your life you've always wanted to make.

In this workshop we will focus on how we can live the teachings of the New Age. How we can make these methods and techniques work for us both personally and in our professional lives. We will explore these teachings through lecture and personal process.

Tuesday, June 13, 7-9pm
No. of Sessions: 2
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 8
Materials Fee: \$ 0
Location: 426 Houston

Thursday, June 1, 8pm
No. of Sessions: 4
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 8
Materials Fee: \$ 0
Location: 426 Houston

Saturday, June 17, 10am-4pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 10
Materials Fee: \$ 0
Location: 426 Houston

THERAPEUTIC TOUCH BACK TECHNIQUES

K-55A

BASIC OF THERAPEUTIC TOUCH

K-56A

MEDITATION - A WORKSHOP

K-58A

Lonnie Catlin

Lonnie Catlin

Judson Edwards

This class is for those who have had the basics of therapeutic touch or other energy healing methods. The techniques in this class are used for relieving pain (chronic and acute) and spasms of the back. These techniques will help to realign the energy flow in the spine. It promotes the regeneration of damaged nerves and creates profound relaxation of the back and neck. These head and neck techniques open up the many acupressure points located in this region and enhance the clearing of the sinuses, TMJ pain, headaches, and helps to normalize blood pressure.

What is Therapeutic Touch? Can it help you? During our look at this body/energy work we will learn how to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. This will be a hands-on experience and each of you will gain enough experience to start using Therapeutic Touch in your daily lives. Areas we will explore: the energy field (aura), chakra-polarity connection, the use of crystals and other healing stones, smudging, and the use of music as a healing tool. Wear loose clothes and be comfortable.

During this workshop we will work with and experience several different types of meditation. What the benefits of practicing some of these methods and answer the question "which method is best for me?" We will also explore the joy of journeying. (Judson's preferred technique).

Sect. I: Wednesday, July 12, 10am-1:30pm
Sect. II: Saturday, August 26, 10am-1:30pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 10
Materials Fee: \$ 0
Location: 426 Houston

Wednesday, June 7, 7-9:30pm
No. of Sessions: 4
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 15
Materials Fee: \$ 0
Location: 426 Houston

Saturday, July 22, 10am-4pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 18
Materials Fee: \$ 0
Location: 426 Houston

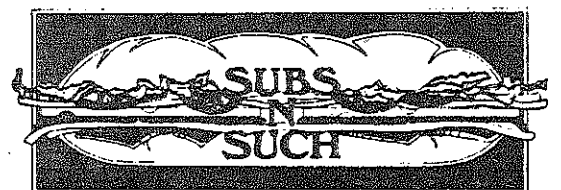
**426 HOUSTON STREET
MANHATTAN, KANSAS 66502
(913) 539-6137**

ANNUAL FUND DRIVE NOW IN PROCESS

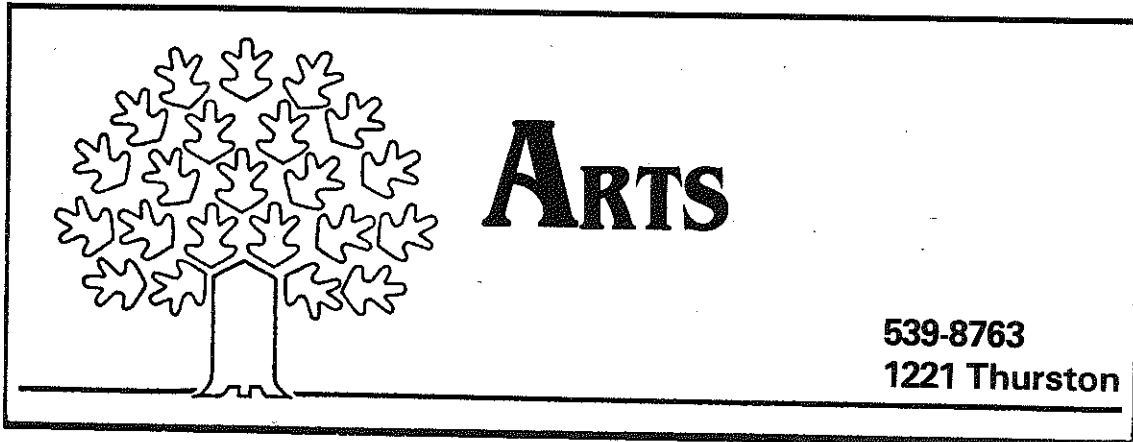
The success of the annual fund drive is essential to the continued operation of UFM. Class fees cover only a portion of the costs of operating UFM. Your tax-deductible contribution makes it possible for UFM to keep its services affordable to others in the community. Last year UFM raised \$10,000. This year, UFM must raise \$15,000. Checks should be made out to UFM and sent to 1221 Thurston, Manhattan, KS 66502. All contributors will be listed in the Spring catalog.

Call ahead — We'll have it ready

Home of the Kitchen Sink



211 S. Seth Childs, Manhattan, Phone 537-2411
1443 Anderson Ave., Manhattan, Phone 537-2426



BALLROOM DANCING

A-01A

Michael Bennett
776-7557

Learn the elements of Foxtrot, Waltz, Jitterbug, and Latin Dances. This class will teach the basic steps of selected dances with variations so that you can "wow" your friends and be the dancer you've always desired to be. Partners are not required. (Michael has trained in Ballroom Dance at U. C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; and Avenue Ballroom, San Francisco. In 1986 Michael was San Francisco Avenue Ballroom Jitterbug Champion.)

Sect. I: Monday, June 12, 6:30-8pm
Sect. II: Monday, June 12, 8:30-10pm
No. of Sessions: 8
Limits: Min. 10 / Max. 40
Class Fee: \$ 24
Materials Fee: \$ 0
Location: 202 Fairchild Hall

INTRODUCTION TO TAP DANCING

A-02A

Randi Dale
539-5767

This class will cover a brief history of tap dancing and basic tap steps. Tap shoes are not necessary. Tied or strapped shoes can be worn. Both children age 8 and up and adults can participate.

(Randi has taught all forms of dance for 26 years. She has done choreography for Manhattan's Children Theatre, Ft. Riley, Civic Theatre, and Manhattan Christian College. Randi has a B.S. in Performance Arts and M.S. in Curriculum & Instruction.)

Wednesday, June 21, 7-7:45
No. of Sessions: 2
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 5
Materials Fee: \$ 0
Location: UFM Banquet Room

What is UFM?

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UFM is based on the belief that individuals and groups in the community have knowledge, skills and experience to share with each other.

UFM also actively seeks to identify and address unmet community needs by enabling groups to organize around a common concern and by developing programs that enhance the quality of life. UFM seeks to provide assistance so that model programs can be adapted to meet the needs of other communities.

UFM SPONSORED PROJECTS

In addition to putting out a class catalog three times a year, UFM sponsors the following projects:

- * Pottery Studio
- * Teleconferences
- * HOME
- * Community Resource Program
- * Lou Douglas Lecture Series
- * Community Gardens

PHOTOGRAPHY WORKSHOP

A-03A

Kent Irish Tony Ridder
539-9484 539-9484

This one day photography workshop will be divided into two categories: available light and studio photography. Actual shooting of subjects in available light will be explored on location. Studio photography will cover lighting in an actual studio through the use of a video camera and television screen.

Bring a sack lunch. Optional, bring your camera and film.

(Kent Irish is a professional photographer with Image Photo. Tony Ridder has done artistic and professional photography for three years.)

Saturday, July 8, 10am-3pm

No. of Sessions: 1
Limits: Min. 3 / Max. 6
Class Fee: \$ 12
Materials Fee: \$ 0
Location: By-Design 7th & Poyntz (Behind Sullivan)

INTERMEDIATE PHOTOGRAPHY

A-04A

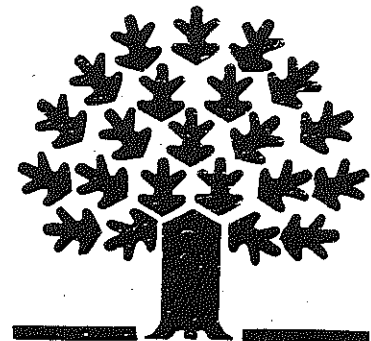
Barbara Rutherford

Photography beyond the snapshot will be the emphasis of this class: composition above the basics, as well as more contemporary artistic approaches to producing photographs. This more advanced class will help the creative person to find new ways to express themselves through photography. Also, for those wishing to create several pieces of work, we can explore ways of locating an exhibit space and putting on our own show.

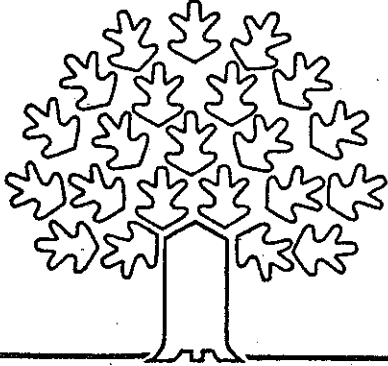
(Barbara is a professional photographer with a wide variety of experience.)

Tuesday, June 13, 7-8:30pm

No. of Sessions: 6
Limits: Min. 3 / Max. 10
Class Fee: \$ 12
Materials Fee: \$ 0
Location: Location will be given when you register.



UFM is always looking for new class ideas. Call in your ideas for Fall 1989 by Friday, June 30.



RECREATION

539-8763
1221 Thurston

BEGINNING FENCING

R-20A

James Eicher

En Garde! Learn basic fencing skills with foil, epee, or sabre. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exhilarating and fast paced olympic sport. The materials fee pays for the rent of all needed equipment. Men and women of all ages are welcome. Come cross blades with us.

(James began fencing in the Philadelphia area with one of the top clubs in the nation, SALLE CSISZAR. He fenced last summer in the National Championships in Phoenix, Arizona and is currently a ranked Foilist.)

Wednesday, June 14, 7:15-8:15pm

No. of Sessions: Ongoing

Limits: Min. 2 / Max. 30

Class Fee: \$ 12

Materials Fee: \$ 15

Location: Douglas Center Annex - 9th & Yuma

GOLF FOR BEGINNERS

R-59A

Jim Gregory

539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching, and chipping and putting. If you do not have golf clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you.

(Jim, PGA Golf Professional, is the golf pro at Stagg Hill Golf Course.)

Thursday, June 15, 6-7pm

No. of Sessions: 3

Limits: Min. 4 / Max. 12

Class Fee: \$ 10

Materials Fee: \$ 1

Location: Stagg Hill Golf Course

BEGINNING TENNIS

R-17A

HATHA YOGA

R-19A

Janet Saunn

Instructional tennis at all skill levels to develop competitive play aimed at self-improvement and an increased enjoyment of the game. Basic fundamentals, court strategy and step-by-step tips on how to win at tennis will be provided.

(Janet has played competitive and recreational tennis and enjoys all aspects of the game and appreciates the interests of other tennis players.)

Sunday, June 18, 8-10am

No. of Sessions: 7

Limits: Min. 10 / Max. 25

Class Fee: \$ 12

Materials Fee: \$ 1

Location: KSU Tennis Courts - Sunset & Kimball

Enell Foerster

537-0977

Learn the basic postures, stretching, breathing, and relaxation techniques of Hath Yoga that can be beneficial at any age. When combined, these techniques will increase your mind/body connection and awareness. Please wear loose clothing and bring a small blanket, beach towel, or exercise mat. Come relax before you go to work. The first class we will meet & organize.

(Enell has practice yoga off and on for several years. She was a student of Albert Franklin's yoga class.)

Tuesday, July 18, 6:30am, 8am

Sect. 1: Tuesday, July 18, 6:30am (Class meets Tues. & Fri.)

No. of Sessions: Ongoing

Limits: Min. 6 / Max. 15

Class Fee: \$ 8

Materials Fee: \$ 0

Location: UFM - Conference Room

YOGA

R-18A

Rob Sheridan

Yoga is an ancient self-discipline, the daily practice of which improves the quality of one's life. This class is especially for beginners, although anyone is welcome. Please come on an empty stomach and wear comfortable clothing - shorts are best. Bare feet will be mandatory. (Rob has studied with Dr. Albert Franklin since 1974. Dr. Franklin studied with the late Sri Krishnamacharya in Madras, India, for 6 years.)

Monday, June 12, 5:30-6:30pm

No. of Sessions: 4

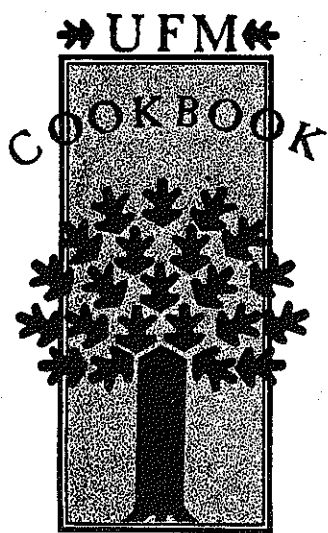
Limits: Min. 2 / Max. 6

Class Fee: \$ 8

Materials Fee: \$ 0

Location: Location will be given when you register.

UFM is always looking for new class ideas. Call in your ideas for Fall 1989 by Friday, June 30.



A Selection of Recipes From UFM Cooking Classes and Related Projects

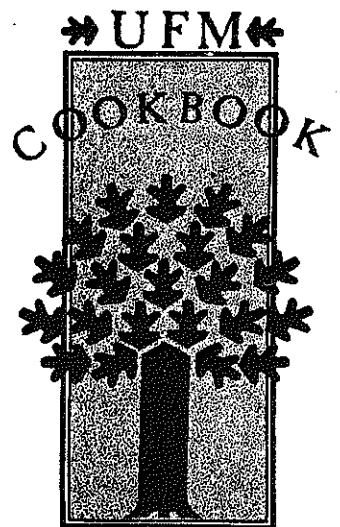
Please reserve _____ copies of the UFM Cookbook at the prepublication price of \$5 each. Cookbooks are expected by Fall, 1989 in time for holiday gifts. You will be notified by mail when cookbooks can be picked up at UFM.

Name _____

Phone _____

Address _____

_____ Please mail cookbook(s) when available and bill me \$5 each plus cost of postage and handling.



A Selection of Recipes From UFM Cooking Classes and Related Projects

MARTIAL ARTS THEORY AND PHILOSOPHY

R-21A

Stan Wilson
539-7723

How does martial arts help people deal with stress and cope with everyday life? How does studying martial arts make you better able to defend yourself? Come to this class and find out. (Stan has been involved in the martial arts for 19 years and has done extensive research into them.)

Monday, June 26, 7:30-8:30pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 5
Materials Fee: \$ 0
Location: UFM

BEGINNING KUNG FU (PAI TE LUNG STYLE)

R-22A

Stan Wilson
539-7723

Pai Te Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 17 years, is a black belt, and also a member of the Pai family. He is the author of 40 Intermediate Techniques of the Yama Bushi Kai, a Kung Fu manual and video set.)

Tuesday, June 13, 7-8pm
No. of Sessions: Ongoing
Limits: Min. 3 / Max. Unlimited
Class Fee: \$ 30
Materials Fee: \$ 2
Location: 949 Seth Childs North of Home Video

ADVANCED KUNG FU (PAI TE LUNG STYLE)

This class is available for those who wish to learn kata, application of kata, self-defense, awareness drills, and sparring. Please contact Stan Wilson, 539-7723.

BEGINNING TANG SOO DO

R-23A

Jeff Hooper
539-5185

Tang Soo Do is a Korean Martial Art system. In this beginning course you will be instructed in the basics of this fighting art, including blocks, hard strikes, and kicks. An advanced class will be offered at the completion of this course. Please wear loose fitting clothing. (Jeff Hooper is a black belt in Tang Soo Do and has been teaching independently for over 2 years.)

Monday, June 12, 8:30-10pm
No. of Sessions: 21
Limits: Min. 2 / Max. 30
Class Fee: \$ 25
Materials Fee: \$ 0
Location: Village Plaza, 921 Seth Childs (behind Alco)

JUJITSU FOR BEGINNERS

R-24A

Stan Wilson
539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the hakko ryu basic waza form and walking exercises. This class is self-defense oriented. Participants must be age 15 or over. (Stan has a 2nd degree black belt in jujitsu and has taught martial arts for 8 years.)

Sunday, June 11, 7-8:30pm
No. of Sessions: Ongoing
Limits: Min. 3 / Max. Unlimited
Class Fee: \$ 30
Materials Fee: \$ 2
Location: 949 Seth Childs North of Home Video

NINPO TAI JUJITSU

R-25A

Stan Wilson
539-7723

The unarmed art of the Ninja Basic technique and the eight basic Waza of Gokkokya will be taught. (Stan has been a member of the Shadows of Iga Ninja society for 8 years and has studied with Steve Hayes.)

Sunday, June 18, 3-4pm
No. of Sessions: 8
Limits: Min. 3 / Max. 15
Class Fee: \$ 18
Materials Fee: \$ 0
Location: 949 Seth Childs - North of Home Video

ADVANCED JUJITSU

This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques. For further information call Stan Wilson, 539-7723.

TAI JI QUAN (TAI CHI CH'UAN)

R-26A

David Larsen

Tai Ji Quan (Tai Chi Ch'uan) is an ancient sophisticated system of exercise developed in China by Taoist Monks. The most notable of these having been Chang San-Feng. Tai Ji was and continues to be practiced for health, strength, coordination, and ultimately, for self-defense. (David has been a Tai Ji player for 12 years and an instructor of the Yang Style form for 7 years. He has agreed to commute to Manhattan every other week and teach the form.)

Friday, June 9, 7-9pm
No. of Sessions: Ongoing
Limits: Min. 3 / Max. Unlimited
Class Fee: \$ 10
Materials Fee: \$ 5 each time
Location: 949 Seth Childs (Village Plaza behind Alco)

SEMINAR ON AIKIDO

R-27A

Armando Flores

An experiential workshop recalling the power that is naturally ours, using the laws that govern the mind and body. To develop physical and mental fitness, personal discipline, self improvement, and well being. (Armando is a 2nd Dan Black Belt in Aikido.)

Saturday, June 24, 10am-9pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 15
Materials Fee: \$ 0
Location: Location will be given when you register.

AIKIDO

R-28A

Armando Flores
1-784-4055

Aikido is known, technically, as a "Martial Art" such as Jujitsu, Judo, Kendo, or Karate, since it does teach techniques which enable one to defend her/himself against physical attack if necessary. Aikido is much more than a mere "self defense", it can become a way of life. When those daily problems of living cause tension, nervousness, pain, or poor health, aikido can help to dramatically decrease them. Sincere practice of the art will gradually change the way you breathe, stand, and move in your everyday activities which can lead to relaxation, self-confidence, balance, and control in both the physical and mental parts of life.

Monday, June 12, 7-9pm, Sat. 10am-12
Class meets on Monday, Wednesday and Saturday
No. of Sessions: Ongoing
Limits: Min. 2 / Max. Unlimited
Class Fee: \$ 15
Materials Fee: \$ 0
Location: 949 Seth Childs (Village Plaza)

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Aggieville/Manhattan
Hours: Mon.-Fri. 9-6;
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What is UFM?

** Registration continues at the UFM House throughout the semester during business hours Mon-Fri, 8-12 & 1-5.

** There will be various demonstrations on the following days: June 1 & 2 (1-4), June 3 (all day), June 6 & 7 (12-1)

Tues.	May 30	Manhattan Public Library	10am-2pm
Wed.	May 31	Manhattan Public Library	10am-2pm
Thur.	June 1	Manhattan Town Center	1pm-4pm
Fri.	June 2	Manhattan Town Center	1pm-4pm
Sat.	June 3	Mainstreet (downtown)	all day
Mon.	June 5	K-State Union	9am-1pm
Tues.	June 6	K-State Union	9am-1pm
Wed.	June 7	K-State Union	9am-1pm

REGISTRATION SCHEDULE



Collected at time of registration.
MATERIALS FEES:

UFM CLASS FEES: Most UFM classes are offered by volunteers. Generally, fee income will be used to help meet UFM operating costs.

UFM, 1221 Thurston, 539-8763 - Press Firmly

Name _____ Day Phone _____
 Address _____ Evening Phone _____
 City _____ State _____ Zip _____

CLASS #	TITLE	FEES	LOCATION, DATE & TIME
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Plus \$2.00 REGISTRATION FEE \$2.00

Tax Deductible Donation _____

Total _____

I hereby authorize the use of my Visa/Master Card

OFFICE USE ONLY

Check _____
 Cash _____
 Visa _____
 M/C _____
 Voucher _____

Card No. _____ Visa or M/C Expires _____

SURVEY (Please circle all that apply)

KSU STUDENT Fr So Jr Sr Gr Stu/spouse

AGE Under 13 13-18 Senior citizen

EMPLOYER KSU Faculty/Staff Fort Riley personnel

Do you require class to meet in handicapped accessible place yes or no _____

Where did you obtain your catalog _____

I am interested in teaching for UFM. yes or no _____

A class I would like offered _____



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 SUMMER 1989
 FREE CATALOG**